Female Prisoners of District Jail Agra: An Intervention for Stress Management and Income Generation

A Synopsis submitted for the partial fulfillment of the degree of

DOCTOR OF PHILOSOPHY

(Home Science)

September 2014

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Section -I

Introduction

The status of women in India has been subject to many great changes over the past few millennia. Volumes can be written about their heroic deeds and sacrifices from the *vedic* period to the modern times. In ancient India women occupied a dignified and high place of respect in the society as mentioned in Rigveda and other scriptures. But with the invasion of foreigners, social, political and economic changes, women lost their status and were relegated to the background. After independence, in the wake of industrialization, westernization and urbanization, Indian society has been passing through drastic and fundamental changes both in the structures, socio-economic and cultural spheres **(Patanaik, 2002)**, and the trend of elevating the status of women has opened new avenues and provided opportunities for women to enjoy the success in numerous fields. As result of their newly gained freedom Indian woman have distinguished themselves in various spheres of life and today women in India enjoy more liberty and equality than before.

Constitution of India gives status of equality to the women in country. It also imposes obligation on the State to protect the rights of the women and to fulfill the requirements of international conventions regarding the rights of the women **(Garg & Singla 2012)**. But surprisingly, discrimination against women is deeply historically and culturally rooted in the society to such extend that women consider themselves as inferior creatures and all these terms like "equality", "rights" seems entirely foreign concepts to them. Indian women have been considered as the preserver of social norms, traditions, custom, and morality, their identity tends to be derived from key males i.e. father, husband and son, and their whole life revolved around their family since the dawn of civilization. But with the passage of time the roles and responsibilities of females are gradually changing. To make women compatible for the rapid changing scenario several developmental programmes have been implemented by Government of India. Irrespective of many failures, consistent efforts are being made from grass root to top levels for empowering every sect of women specially who are educationally, economically, socially, physically or mentally disadvantaged. However still there are some disadvantaged women who could not magnetize policy makers' attention towards them and due to unfulfilled basic needs and improper guidance they fall in the trap of crime.

According to C. Darrow "Crime is an act prohibited by the land and for which penalty is prescribed". In other words crime is essentially a social problem which disrupts the harmony and peace of a society. The history of crime is perhaps as old as the history of human civilization and it was considered as male behavior but now a days female criminality has also become a quite popular term, present decade witnessed increase in the involvement of women in crime than ever before. Throughout the world criminality amongst women can be traced to rapid urbanization, industrialization, new socio-economic stresses and strains, the breakup of the age-old institution of joint family, broken homes, conflicts and unhappy interfamilial relations, widening of the spheres of occupational and social activities **(Shrivastva, 2006)**. Although the phenomenon of female criminality is comparatively new to Indian society but because of its collectivist nature women's involvement in the criminal acts and incarceration affects women and their families in the worse manner. It is plausible to argue that greater freedom and breakdowns of families has increased female participation in the public sphere but on the other end it also increases women's exposure to crime.

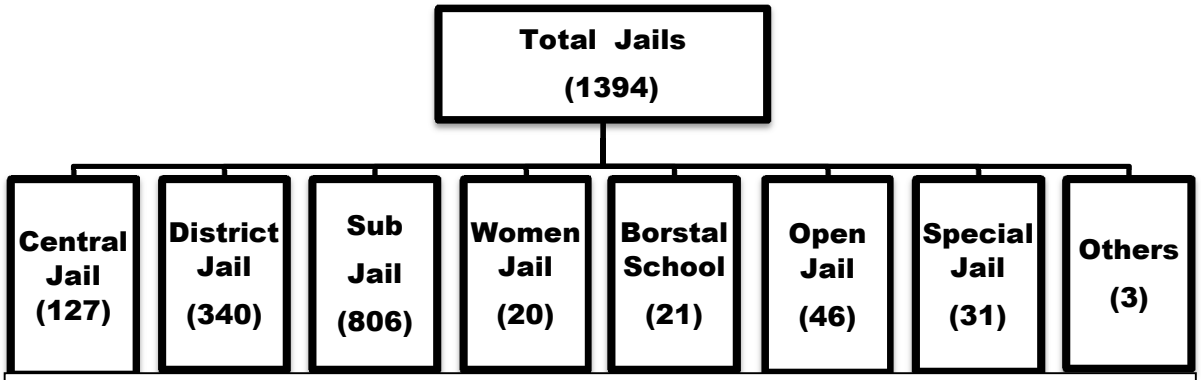
Section-II

Background and Conceptual framework

2.1 Overview of Prison Institution in India

Law is a formal instrument of social control, the purpose of which is to ensure all that is constitutionally guaranteed, and the key goal of criminal justice system is removing violent individuals from their communities to incapacitate them and protect future victims. Prison Institutions are one of the three main constituents of the Criminal Justice System. During the ancient times, 'Prisons' were considered as a 'House of Captives' where the prisoners were held for deterrent and retributory punishment on the other hand under the modern correctional philosophy prisons are now considered as correctional institutions where the prisoners are sent for their reformation and rehabilitation. According to **Bartol (2002)** fundamental principles of imprisonment are: incapacitation, retribution, deterrence and rehabilitation. When a person is sentenced to a term of imprisonment the two major goals of incapacitation (via the physical removal the offender from the community) and retribution (via the deprivation of liberty) are evidently achieved **(Lackner, 2012)**. However determined and sustained efforts of the thinkers and human right activists in this field led to progressive transformation of the concept of 'deterrence and retribution' into

'reformation and rehabilitation'. Now a days greater attention is being given to ameliorate the conditions in jails so that they have a healthy impact on prisoners in developing a positive attitude towards life and society. The database provided by **NCRB (2012)** regarding number of prison and its type in India is presented in following figure.



Different types of Jails in India: Source NCRB 2012

In India the modern system of imprisonment has originated in the first quarter of the 19th century. The contemporary prison administration is known as legacy of British rule and T.B Macauly is its originator. **The Government of India Act 1935,** transferred the subject of jails from the central list to the control of provincial government and since then state governments have their own rules for day to day administration of prison. As prison administration is a subject matter of state thus uniform implementation of policies and programme for rehabilitation and welfare of prisoners is impracticable at national level. Hence to bring about nationwide uniformity of prison system Model Prison Manual was accepted by Central government and circulated to state government in 2002, though it is yet to be implemented in many states **(Mahaworker 2006)**.

2.2 Female Criminality

2.2.1. International Scenario

Last decade has seen a surge in both the number and proportion of incarcerated women throughout the world. The United States leads the world in both the overall size of its prison population and its rate of incarceration, it's female crime rate is 30%, it surpassed the growth rate for male prison populations (53% for women as opposed to 32% for men) **(Bureau of Justice Statistics, 2005)**. The ratio of women's involvement in criminal activities seems more in USA and some developed countries as they have more exposure to social and economic life **(Bhatt, 2014)**.

The female crime rate of Germany is 24%, and in China female criminal encompasses 18-20% of total prison population **(Das, 2013)**. In Australia and U.K., female prisoners represent only 7% of the total prison population **(ABS, 2011)**. The size of the female prison population has not increased to such levels or so consistently in other western countries, but the female proportion of the imprisoned population appears to be on the rise in many nations. **Bloom et al. (2003))** stated that in U.S. women in the criminal justice system are typically women with complex histories of abuse, trauma, and addiction, similar findings are echoed by various researcher throughout the world.

2.2.2 National Scenario: -

An increasing trend in the female criminality has been found considering their involvement in total cognizable crimes but it is also evident that in the world's second most populous nation where women constitutes 48.53 % of total population i.e. 58,74,47,730 out of 1,21,05,69,573 **(Census, 2011)** the number of female criminals is only a few thousands. Highlighting the all India Scenario the total number of female prisoners in last few years and the percentage of female criminals in past decades are presented in following figure and table:

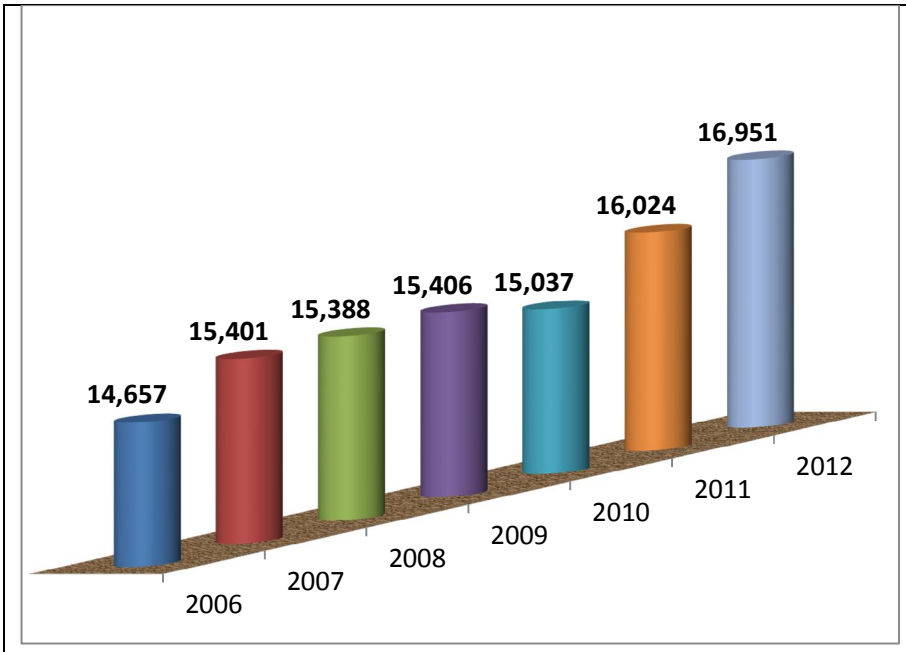


Figure 1: Total Number of Female prisoners in India (Source:NCRB)

Table 1: Indian Scenario of Females Behind Bars in Past Decades

Year	Female criminals
1971	1.7%
1981	2.2%
1991	3.4%
2001	5.1%

Shrivastva (2006)

Prison population includes all the convicts, under trials and detunes; convicts are prisoners undergoing sentence, under trials are suspects of crime and yet to prove guilty and detunes are

person detained in prison on the orders of competent authority under the relevant preventive detention law. Under trials population constitute majority of prison population in our country, following figure represents the number of under trial and convicted females behind bars in last few years.

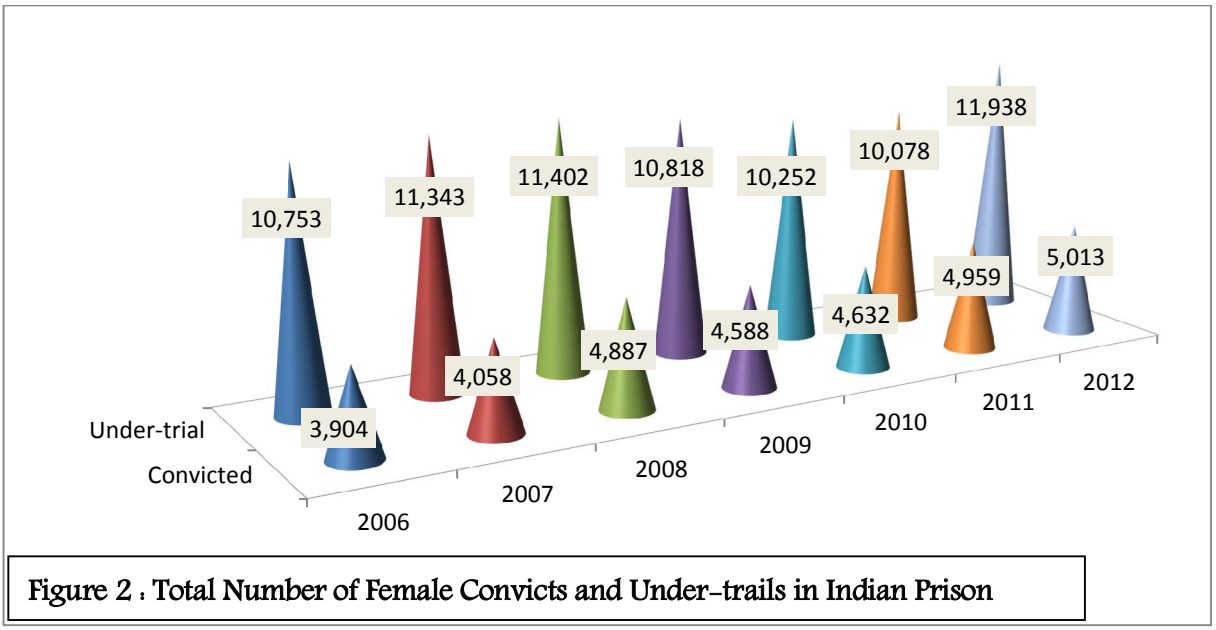


Figure 2 : Total Number of Female Convicts and Under-trails in Indian Prison

Source: NCRB 2006-2012

2.3 Why do females commit crime:

The gender gap in crime—the low level of female offending in relation to that of males—is universally recognized by criminologists. **Leigey & Reed (2010)** stated, 'female inmates enter prison as survivors of numerous traumatic experiences', most of them come from families marked by alcoholism, drug addiction, mental illness, desertion and child abuse **(Greenhouse 1991)**. The causes of female crime may be attributed to various reasons and it is also reported in various studies that most of females who are in conflict with law have history of past exploitation. **Loucks (2004)** discovered that in Scotland the vast majority of women in prison are direct and indirect victims of physical, sexual or emotional abuse and often combination of these. **Gelsthorpe (2004)** suggests that increases in women's crime may be due to reasons of poverty and economic marginalization. Abusive families and battering relationships are also strong themes in the lives of female offenders **(Chesney-Lind 1997; Owen and Bloom 1995)**.

Saxena (1994) discovered that in India majority of women offenders convicted for homicidal activities were poorly adjusted to the family settings. In many cases, their offence

directly stemmed from their husband and in-law's cruelty, rejection and humiliation. Husband's illicit affairs with other women, alcohol and substance use, domestic violence contributed significantly in motivating married women to resort to crimes. "A great majority of female delinquents are led into crime by the "suggestion" of a person or by "irresistible temptation" and are not entirely deficient in the moral sense" **(Reckless, 1971)**. Poor economic background, lack of education or training and inferior mentality are the causes female delinquency. According to **Rath (2012)** illiteracy, dependency due to no source of income, low income of the family, lack of proper parental guidance due to illiteracy, necessity to fulfill their parental obligations towards their children, adjustment problem in interpersonal relationship after marriage, lack of vocational training and ignorance about various beneficial schemes of the government are the contributing factors to female criminality.

2.4 Types of crime committed by females:

The woman is considered as most sociable person, **Lombroso (2003)** stated that women are organically conservative and this conservating tendency of women accounts for the lesser involvement in criminality. Generally women are less inclined towards crimes as compare to men yet they have a complex variety of causes. According to **Zeitz (1981)** women tend to embezzle to protect their families or valued relationships, while men tend to embezzle to protect their status. **Austin et. al & Fowler (1993)** reported that women are less violent in their current or prior criminal records than men and are generally convicted of minor crimes. Female addict crimes are mainly prostitution, reselling narcotics or assisting male drug dealers, and property crimes such as shoplifting, forgery, and burglary **(Anglin & Hser 1987)**. While discussing the causes of crime in USA researcher revealed that women usually commit violent crimes against husbands and boyfriends, usually after years of abuse **(Potter, 1979)**. It is evident from in-depth analysis of homicidal crimes committed by female overseas that as compared to men, women are far more likely to kill only after a prolonged period of abuse, when they are in fear for their lives and have exhausted all alternatives. **Department of Health & Human Services (1984)** reported that women tend to be less involved in heavy drinking or hard drug use—those drugs most intimately tied to drug subcultures and the underworld more generally, female addicts are less likely to have other criminal involvements prior to addiction, so the amplification of income-oriented crime is greater for female drug users. In India Women commit less violent crime then men, Women convicted for

minor thefts are mainly housewives who usually lack money to be able to buy things which were later stolen. Many a time, they steal to 'stretch their budgets' **(Das, 2013)**.

2.5 Condition of females behind the bars:

Traditionally, most of the prison inmates are males, and the prison environment is therefore shaped by the needs of males **(Slotboom et al. 2007)** and special needs of female prisoners remain unnoticed. While there are few research studies on female inmates, they are almost unanimous in concluding that women exhibit differences in the severity and uniqueness of certain needs compared to male inmates. In India only 1.4% Jails are declared as Women Jails and its occupancy rate is 112.2%, most of female prisoners are kept in District or Central Jails which are exclusively designed for male inmates, even though female inmates are kept in separate blocks but their different needs are neglected. According to **Shrivastva (2006)** female prisoners are subjected to inequitable treatment, neglected medical care, psychological problems, forced separation from their children, fear of social stigma and problem of rehabilitation. Common psychological reactions seen in female prisoners are unhappiness, feeling of worthlessness, frequent worrying, poor sleep and appetite, headache, tiredness, inability to work, fearfulness and thought of ending life **(Murthy et al., 2011).** A study conducted by NIMHAMS highlighted the facts that in prison women face mental illness, physical illness, sexual violence, physical violence, self harm and lack of rehabilitation and life of female prisoners is often miserable after release due to stigma, rejection by family, unemployment and recidivism.

A universal phenomenon found in most of the studies that the majority of women in the correctional system are mothers; concern for children may loom as a major source of anxiety among incarcerated women. Women offenders with dependent children may feel overwhelmed and worry about their ability to ensure the safety and security of their children while incarcerated **(Greene et al., 2000)**. The loss of the mother role is considered as a significant pain of imprisonment for women and can leave women with a loss of identity and low self-worth. According to **Hairston 1991,** frequent worrying about children may seriously affect female prisoners' physical and mental well-being. **Austin et al. (1993)** described female inmates as having very high needs for educational programs, job training, health counseling. Along with all these special needs women prisoners need to be psychologically and emotionally supported as separation from family especially children, ignorance of family members, violent environment of prison tend to affect them adversely.

Section III

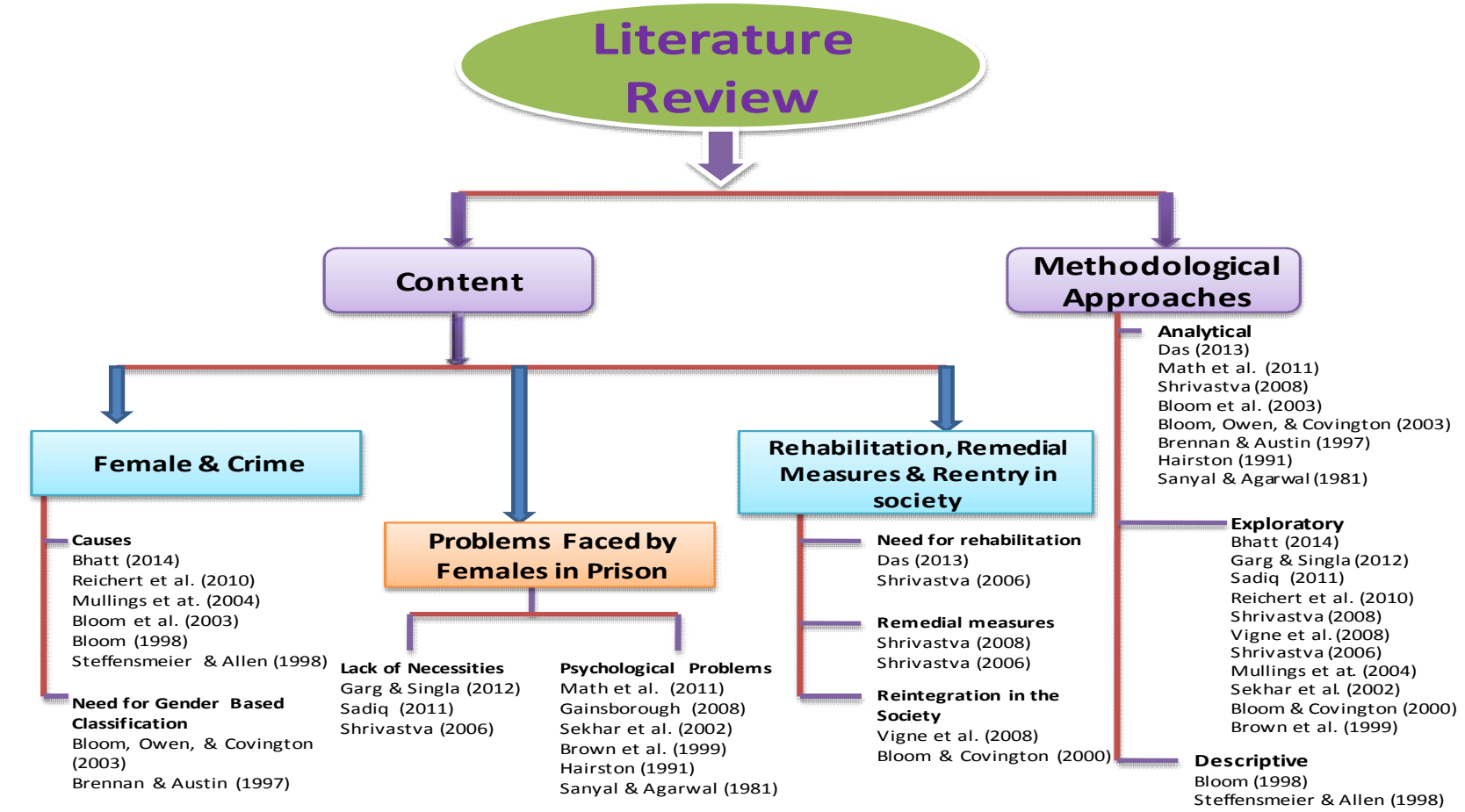


Figure 3: Flow Chart showing Review of Literature based on content and methodological Approaches

3.1 Female & Crime

3.1.1. Causes of Female Criminality:

According to **Bhatt** (**2014)** too much dependence of women on men, pretext of love and loyalty of women for their male fellows, security agencies lenient attitude towards women, merciful view of courts and psychological pressure of their male fellows lead the involvement of women in criminal activities in Pakistan.

To find out the correlation between female criminality and substance abuse, physical abuse, sexual abuse, stalking and emotional abuse, trauma, and help-seeking strategies of female inmates **Reichert et, al. (2010)** interviewed 163 inmates. Findings of the study revealed that almost all of the incarcerated women experienced some type of emotional, physical, or sexual abuse in their lives. This study also found a correlation between child abuse and violent crime, hence it was concluded that early abuse may affect future criminality. More than half of the women exhibited symptoms of Post-traumatic Stress Disorder (PTSD) and sought help after incidences of violence from professionals or someone they trusted.

Mullings et al. (2004) examined the relationship between child maltreatment and adult alcohol dependency among a sample of 1198 newly incarcerated female prisoners of Texas prison. Findings revealed that women who were alcohol dependent were also more likely to have grown up in disorganized family situations, including parental drug and alcohol use-related problems, childhood neglect, and childhood physical and sexual abuse. Study strongly recommended the need for improved screening, assessment procedures, and programming for women prisoners.

Women offenders are more likely than male offenders to be victims of sexual and physical abuse, exhibit mental health problems, engage in substance abuse, encounter parenting and child care problems, be affected by relationship issues, and have problems with self-concept.

Gender-responsive scholars contend that trauma, victimization, and abusive relationships may contribute to lower self-concept, self-esteem, and feelings of self efficacy and self-worth **(Bloom et al., 2003).**

Steffensmeier and Allen (1998) investigated how the "profound differences" between the lives of women and men shape their patterns of criminal offending. Many women on the social and economic margins struggle to survive outside legitimate enterprises, which bring them into contact with the criminal justice system. Because of their gender, women are also at greater risk for experiences such as sexual abuse, sexual assault, and domestic violence. Among women, the most common pathways to crime are based on survival (of abuse and poverty) and substance abuse.

Frequently, American women have their first encounters with the justice system as juveniles who have run away from home to escape situations involving violence and sexual or physical abuse. Women are often first introduced to drugs by partners, and partners often continue to be their suppliers. Prostitution, property crime, and drug use can then become a way of life. Addiction, abuse, economic vulnerability, and severed social relations often result in homelessness, which is another frequent complication in the lives of women in the criminal justice system **(Bloom 1998)**.

3.1.2. Need for Gender Based Classification:

Focusing upon the need of separate classification system for female prisoners **(Bloom, Owen, & Covington, 2003)** reported that institutional classification systems are designed for male offenders which are less useful for women offenders and in many cases are invalid. They also found that females are very different from male offenders, as evidenced by their unique paths into criminal behavior, the offenses in which they engage, their decreased threat of violence across criminal justice settings, and their unique needs relating to victimization, substance abuse, mental health, self-concept, child care, and relationship issues.

Brennan & Austin (1997) examined the need of classification procedures for female jail inmates, and found that in due to lack of classification female prisoners are subjected to inadequate housing facilities especially lack of privacy, inappropriate co-mingling; with violent inmates, inappropriate physical environment, inadequate assessment for community and rehabilitation programs and inadequate access to treatment, work, and vocational programs etc.

3.2 Problems faced by female prisoners:

3.2.1. Lack of Necessities:

Highlighting the lack of necessities and attitude of prison staff in Indian prisons **Garg & Singla (2012)** stated that women prisoners do not even have proper accommodation or recreation amenities. Women prisoners are also visibly scared of the prison staff. There is scope for vast improvement, on all levels, particularly in the attitude of the prison staff that need to learn to respect the human rights of women prisoners. Most of the women prisoners are also mothers and their children are staying with them in the prison but the prison is not a place for healthy growth of a child. Prison environment affects the growth, survival and development of the children.

Sadiq (2011) conducted a study on women undertrials at Aligrah and discovered that imprisonment adversely affects both men and women but it tends to affect women more adversely than men. Women under trial prisoners form a special category of women prisoners who have to endure the prison life despite of their guilt not proven in the court of law. Women under trial find the experience of imprisonment more difficult than those sentenced. The trial process is slow and costly. The prolonged and uncertain stay in the prison during trial makes their condition pathetic. The study also revealed that due to higher level of illiteracy, ignorance, economic dependency, lower and subordinate position in the family and society and other social facts, women under trial prisoners, despite the special provision, languish in prison for an uncertain period of time which leads to serious consequences.

Shrivastva (2006) concluded that in India due to their small number females prisoners face lots of problems in prison, the main causational factors of problems faced by female prisoners are (1)Female prisoner's population (2)Poor strength of female staff(3) Lack of sensitization regarding female prisoners(4)Poor infrastructural facilities(5)Lack of separate prisons(6)Illiterate female prisoners(7)Traditional social mind set(8)Unskilled industry instructors(9)Lack of counseling(10)Casual attitude of prison staff.

3.2.2. Psychological problems

Math et, al. (2011) concluded that there are external and internal factors that aggravate mental morbidity in prisons. The external factors, are more to do with the environment in prisons such as overcrowding, dirty and unhygienic living conditions, poor quality of food, inadequate health care, physical or verbal aggression by inmates, lack of purposeful activity, availability of illicit drugs and either enforced solitude or lack of privacy and time for quiet relaxation and reflection. Internal factors that play a contributory role are mostly emotional in nature, where prisoners may have feelings of guilt or shame about the offences they have committed, experience stigma of being been imprisoned, worry about the impact of their behavior on other people, including their families and friends, coupled with anxiety about how much of their former lives will remain intact after release.

The growth in prison populations is a world-wide phenomenon, and within the overall growth rate, many countries are seeing a disproportionate rate of increase among women. Despite differences in culture and resources, women everywhere face similar problems in prison systems, which have been designed primarily by and for men. These include sexual abuse, lack of appropriate medical care, loss of children and breakdown of families **Gainsborough (2008)**.

Shekar, S. et al. (2002) studied the problems faced by children of women prisoners in jails situated in 2 cities of Maharashtra. Data was collected through interviews with women

under-trial prisoners. Findings revealed that mothers suffered severe anxiety at being separated from their children and worried about their well being. All their efforts in jail were directed towards ensuring their children's well-being through visits, messages, contacts. Even in prison, mothers tried to set into motion legal or administrative processes, access existing welfare schemes or facilities, approach senior prison officers to intervene when children faced problems, earned money by working in the kitchen/workshop, built emotional pressure in the women's yard, and requested visitors for assistance.

Brown et. al, (1999) discovered that the majority of women in the correctional system are mothers, and a major consideration for these women is reunification with their children. This adds to an additional level of burden, with requirements for safe housing, economic support, medical services, and so on including the children.

According to **Hairston (1991)** the term of imprisonment in addition to problems with alcohol, drugs, and financial hardships often make the possibility of reunification with children difficult on release from prison, increasing the risk of permanent disruption of mother-child relationships.

Sanyal & Agarwal (1981) conducted a study on the total population of women convicts (n=69) of the Indian prison Nari Bandi Niketan, Lucknow. The majority of respondents had received the death penalty for murder, with the sentence later converted to life imprisonment. Findings revealed that significant levels of anxiety, insecurity, and guilt were experienced by prisoners. While these feelings were probably present in the subjects to some degree upon entering prison, the feelings have probably escalated under the influence of the prison environment. Feelings of helplessness, powerlessness, hopelessness, and insignificance fostered by their prison circumstances tend to spawn the low self-esteem, guilt, and anxiety measured in the testing. Attitudes toward prison authorities were generally compliant and positive, probably as a result of attempts to assuage guilt.

3.3. Rehablitation, Remedial Measures & Reentry in society

3.3.1 Need for rehabilitation:

Das (2013) conducted study on 35 women prisoners in three jails of Odisha. Findings of study revealed that most of the women prisoners were unemployed, hailed from poor family back ground married, from joint family and do not posses any land particulars. Majority of the women prisoners were imprisoned in case of murder for enmity, dowry, drug related issues and theft. Basically the poor condition of their families has compelled them to commit the crime. The most depressed fact was that there was no provision of employment opportunity for these small numbers of women prisoners. Neither the government nor the prison authority has taken any significant reformation or step to for these women prisoners. The respondent has felt that the society won't accept them after releasing from the prison. The prisoners felt the guilty of their crime and repentant, most of them feel that they have lost their status in the society.

Shrivastva (2006) concluded that if the female prisoners cannot assimilate themselves in prison culture then the correctional process will be incomplete and due to this incomplete correctional process they can't rehabilitate themselves in the society's mainstream.

3.3.2. Remedial measures:

Emphasizing upon the importance of visiting prison inmates **Shrivastva (2008)** reported that although visiting a family member or a friend in prison can be a difficult experience; but it is vitally important for the prisoner. Family visits are a very important way for prisoners and their families to maintain contact during any period of imprisonment, and for prisoners' reformation and rehabilitation. She also suggested that existing arrangements and facilities for prisoners' visiting system need to be streamlined and upgraded, to make them an effective tool of prisoners' reformation and rehabilitation.

Shrivastva (2006) suggested that special consideration to the children of female, abolition of discrimination, job oriented trainings are some remedial measures which can ease the pain of incarceration and further helps in social integration after release.

3.3.3. Reintegration in the Society:

Vigne et al. (2008) explored the unique experiences of women prisoners, focusing on a representative sample of 142 women who were recently released from Texas state prisons and state jails in 2005. The study was conducted in two phases and subjects were interviewed twice i.e. before and after they released from prison. Most women had histories of substance use when they entered prison. Women expressed high levels of optimism in the days leading up to their release, with most indicating it would be easy to renew their relationships with family. Before release, most women expected to receive some form of support from their families in navigating the reentry process. When asked what they were most looking forward to upon release from prison, the single largest response among women was reuniting with children. Families, Community support services, attitudes of children were also found as significant contributors for these subjects reintegration in the society.

Bloom and Covington (2000) suggested that if women are to be successfully reintegrated back into the community after serving their sentences, there must be a continuum of care that can connect them to a community following their release. Women reentering the community after incarceration require transitional services from the institution to help them reestablish themselves and their families. They also need transitional services from community corrections and supervision to assist them as they begin living on their own again. Following their release, women must comply with conditions of probation or parole, achieve financial stability, access health care, locate housing, and attempt to reunite with their families.

Section – IV

An Overview of Proposed Research

4.1 Need of the study:

Mahatma Gandhi said "Crime is the outcome of diseased mind and jail must have an environment of hospital for treatment and care". The milieu of female incarceration is markedly different from that of male incarceration. Still, until recently, the study of women's prison lives has received only minor, and not broadly developed, attention in the sociological literature. Due to low incidence rate and administrative rigidness of prison institute only a few studies have been done on female criminality in India. This Study is needed for the following reasons:

4.1.1 All previous studies were restricted to identifying the problems faced by female prisoners, conditions of children who live with their mother inside prison or left outside, problem of prison overcrowding, discrimination and exploitation of females behind the bars, a few studies also suggested remedial measures to check problems of female prisoners.

4.1.2 It is reported by many researchers that there is a great lack of rehabilitation activities for female prisoners, in the meantime most of male offenders are involved in various income generating and skill development activities inside the prison but due to small number need for female prisoner's rehabilitation cannot drew much attention of prison authorities. It has to be ensured that the woman on release is not placed in vulnerable position with high risk of reverting to crime. Thus there is a need to impart income generating skill which will reduce the chances of recidivism.

4.1.3 The self concept of female prisoners is a completely unexplored area, understanding of prisoners self concept can be of great help in understanding their psyche and developing intervention as per their needs.

4.1.4 It is reported in various researches that along with the physical environment the psychological environment inside the prison is very harmful for prisoners. **Carol Owen's (1998)** stated that the world of the women's prison is shaped by pre-prison experiences, the role of women in contemporary society, and the ways women rely on personalized relationships to survive their prison terms. **Clemmer** showed that behind the prison walls there existed a prisoner culture played out through primary group affiliation and informal institutional relationships. Hence sociometry can serve an effective tool to reducing conflicts and it also helps in helps in improving communication and strengthening interpersonal relationships.

4.1.5 Due to lack of education and exposure most of women are unaware of laws. They tend to commit crime without even recognizing that such acts are punishable by law. Hence exploring moral reasoning abilities of female prisoners will help the researcher in understanding the prisoner's mindset about crime.

4.2 Justification of the problem:

Rowe (2004) stated that women offenders are disproportionately undereducated, unskilled with sporadic employment histories and hails from low income families. In India a few programmes for rehabilitation of women prisoners have been implemented in different jails but effective implementation of such programmes is limited and mainly confined to central jails and special jails. Female prisoner may once again be victim of crime if during their incarceration they are not trained in various income generating programmes to make them self-dependent. There are then the chances of their repeat victimization **(Shrivastva, 2006)**. Rehabilitation and social integration are two crucial imperatives which should receive focused attention of correctional administration and also the civil society.

Hence researcher intended to perform an intervention for reducing stress and inculcating income generating skills in female prisoners which can be helpful in generating some income while incarceration and facilitate better social integration after their release. Thus the proposed statement of the problem is:-

"Female Prisoners of District Jail Agra: An Intervention For Stress Management and Income Generation"

4.3 Operational Definitions:

1	**Female Prisoners**	**:**	Those women above 21 years of age who are confined to the prison, by judicial order either as a convict or undertrial.
2	**Stress**	**:**	A state of mental or emotional strain or tension resulting from adverse or demanding circumstances
3	**Income Generation**	**:**	Initiatives that results in earning money.
4	**Sustainability of Programme**	**:**	The capability of the programme to withstand difficulties and not fade away.

4.4 Objectives:

The main objectives of research are:

1. To study the self concept of female prisoners.
2. To assess socio-metric status of female prisoners.
3. To study the stress of female prisoners.
4. To explore the moral reasoning abilities of female prisoners.
5. To investigate the problems related to life in prison.
6. Intervention on stress management and income generation.
7. To study the impact of intervention.

4.5 Methodology:

4.5.1 **Locale of the study:** **NCRB (2006-2012)** statistics revealed that highest number of female prisoner and highest number of children living in prisons with their mother are found in the Jails of Uttar Pradesh and as the researcher resides in Agra, hence Agra city will be purposively selected as a locale of study.

4.5.2 Sampling Technique: Selection of the sample will be done purposively.

4.5.2.1 Selection of Jail: Researcher took permission for research in both Central and District Jails of Agra city but female prisoners are kept in District Jail only, therefore Agra District Jail is purposively selected for current study.

4.5.2.2 Selection of subject: All the female inmates of District Jail Agra who are willing to participate in intervention programme will be the final sample for the proposed study.

4.6 Procedure of the study:

To achieve the research objectives, the study will be conducted in five phases which will be exploration phase, pre-intervention phase, intervention phase, post-intervention phase and follow up phase. The particulars of research phases are as follows:-

4.6.1 Exploration phase:

The researcher will interact with prisoners and establish rapport with inmates as well as with correctional staff of District Jail Agra. All the baseline information regarding female prisoner's self concept, interpersonal relationship with other inmates, stress experienced by them, moral reasoning abilities of inmates and problem faced by inmates behind the bars will be gathered. As most of the inmates are illiterate or poorly educated thus schedules will be administered by researcher to obtain relevant information from the prisoners.

4.6.2 Pre- intervention phase:

In District Jail Agra female inmates are kept in two separate barracks therefore two groups; Group A & Group B will be formed. Sub groups will be formed in each hall on the basis of skills and interests of inmates. Two experts will be hired for yoga and the trainer-inmate ratio for income generation activities will be 1:6. The researcher and NGO's will bear all the expenses of Intervention Programme, which will cover raw material cost, processing charges, transportation charges, stipend of trainers/ honorarium of experts and all other expenses related to the programme. The investment done by researcher and NGO's will be recovered from the sale of products, which will be used further for the continuation of income generation activities in the prison.

4.6.3 Intervention Phase:

It is an action orientation phase, the minimum duration of intervention phase will be 8 months. The main objectives of this phase are stress reduction and income generation. Both groups will be visited twice a week. The duration of each session will be 3 hours, therefore the duration of intervention for each group per week will be 6 hours/ week. Out of the 6 hours, 1 hour will be allotted for stress reduction activities and 5 hours will be allotted for income generation activities.

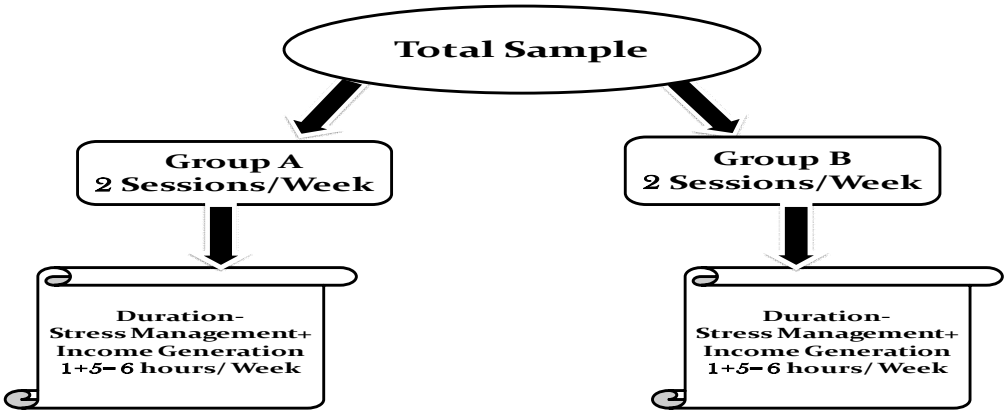


Figure 4: Flow chart showing details of intervention session

The action plan for 8 month intervention programme is presented in the **Table 2**. Group activities will be conducted in initial sessions of stress reduction; individual tasks will be started afterwards so that inmates will be more comfortable in performing. In the initial sessions of income generation basics of skill will be taught and articles will be developed afterwards. The quality of product will be main concern of researcher; hence after developing the article, the inmates will be trained in finishing, value addition and packaging. In the beginning researcher will ask the inmates to select their team mates for group activities. After about one month the groups' composition will be changed by swapping members between any two groups. The researcher will try to mingle unpopular ones with popular ones, swapping will be done as per the results of sociometric analysis and the ultimate objective of changing group membership will be to improve interpersonal relationships among inmates.

Table 2: Action plan for Intervention phase

	Week- 1		Week -2		Week -3		Week -4	
	Stress Management	**Income Generation**	**Stress Management**	**Income Generation**	**Stress Management**	**Income Generation**	**Stress Management**	**Income Generation**
1 Month	Yoga+ Meditation+ Laughter therapy Game (Cotton Balls Game)	Knitting/Macramé (Basics)	Yoga+ Meditation+ Laughter therapy +Music **(**Folk songs**)**	Knitting/ Macramé (Article Development)	Yoga+ Meditation+ Laughter therapy+ Experience Sharing (Positive experience outside prison)	Knitting/ Macramé (Article Development)	Yoga+ Meditation+ Laughter therapy Game (Lemon Race)	Knitting/ Macramé (Value Addition to articles)
	Note: After 1 month training yoga, meditation and laughter therapy will be included in their routine and prison authorities and volunteers from inmates will conduct these activities. Inmates will practice knitting/macramé in their free time between in between two sessions.							
2 Month	Music (Bhajan)	Pottery Decoration/ Flower making (Basics)	Games (Balloon Race)	Pottery Decoration / Flower making (Developing articles)	Experience Sharing (Positive experience inside prison)	Flower making (Developing articles)	Experience Sharing (Positive experience inside prison)	Flower making (Developing articles)
	Note: Pottery decoration/ flower making will be done in the presence of trainers Inmates develop articles of knitting/macramé like gloves, caps, bags etc and prepare flowers in their free time between in between two sessions.							
3 Month	Games (Tie & Open The Knot)	Paper Mashes (Preparing Article)	Dramatization (Social issues)	Paper Mashes (Finishing and decoration)	Dramatization (Social issues)	Jewelry making	Music **(**Antakshari**)**	Flower making (Developing articles)
	Note: In the free time inmates will be asked to develop articles of their choice from any of above mentioned skills							
4 Month	Role Play (Ideal personality)	Crochet/ Art and craft (Basics)	Role play (Ideal personality)	Crochet/ Art and craft (Basics)	Games (Musical chair)	Crochet/ Art and craft (Developing articles)	Music (Motivational songs)	Crochet/ Art and craft (Developing articles)
	Note: In the free time inmates will develop articles of Crochet/ Art and craft like laces, wall hangings, cards etc.							

5 Month	Experience Sharing (Negative experience outside prison)	Pottery Decoration / Flower making (Developing articles)	Experience Sharing (Negative experience inside prison)	Jewelry making	Dramatization (Social issues)	Art and craft (Developing articles)	Dramatization (Social issues)	Art and craft (Developing articles)
6 Month	Music (Folk songs)	Paper Mashes/ Macramé (Article Development	Games (Cotton Balls Game)	Crochet/ Macramé (Article Development	Role play (Ideal personality)	Crochet/ Macramé (Article Development	Role play (Ideal personality)	Art and craft (Developing articles)
7 Month	Dramatization (Social issues)	Knitting/ Crochet/ Macramé (Developing articles)	Dramatization (Social issues)	Knitting/ Crochet/ Macramé (Developing articles)	Games (Musical chair)	Art and craft (Developing articles)	Music (Antakshari)	Art and craft (Developing articles)
8 Month	Experience Sharing (Positive experiences during intervention)	Jewelry/ flower making	Experience Sharing (Negative experiences during intervention)	Pottery designing/ Paper meshes	Music Motivational Songs	Knitting/ Crochet/ Macramé (Developing articles)	Activity of Participants choice	Activity of Participants choice

Note:

* All activities will be conducted in the supervision of prison authorities.
* NGO personals will assist the researcher.
* Activities, requiring more time and practice to learn are introduced more frequently than other activities.
* Two activities will be started simultaneously in each session and inmates will be asked to choose any one of them. In case of some inmate's inability in performing any of the ongoing activity due to reasons like old age or improper vision etc, different activity will be started for them.
* Initially groups will be formed as per the inmates choice but after some time the researcher will start making minor changes in groups which will give opportunity to each inmate to come into contact with every inmate of the prison, so that interpersonal relationships among female prisoners can be improved.

4.6.3.1 Stress management:

The purpose of intervention on stress management is to reduce stress among prisoners. Yoga, meditation, dramatization, role play, games; both indoor and outdoor, music, experience sharing and laughter therapy will be introduced in stress management session to reduce stress and avoid monotony. The researcher will assess the impact of all these activities on stress of female prisoners, therefore no separate evaluation of above mentioned activities will be done. The change in stress level will be measured by administration of stress assessment tool at pre and post interventions phase. Every week 1 hour will be allotted for the recreational activities to reduce stress and tasks will be given to groups or individuals as per their choice. Details of activities of Stress Reduction Session are presented in the following table:

Table 3: Details of the activities for Stress Management Sessions

Intervention for Stress Management							
Activity	**Activity Type**	**Group Composition**			**Person responsible for the planned activities**	**No of sessions**	**Duration**
		No of groups	**Size**	**Members in each group**			
Yoga, Meditation & Laughter therapy	Group	1	Large	Whole group	Yoga expert (Hired)	30	30 Minutes
Dramatization	Group	6	Small	5-6	Researcher & NGO persons	12	1 hour
Games	Group	1	Large	All inmates	Researcher & NGO persons	14	1 hour
		6	Small	5-6			
Music	Group	1	Large	All inmates	Researcher & NGO persons	14	1 hour
Experience Sharing	Individual	1	Large	All inmates	Researcher & NGO persons	14	1 hour
Role Play	Individual	1	Large	All inmates	Researcher & NGO persons	8	1 hour

Note:

* All activities will be conducted in the supervision of prison authorities and NGO personals will assist researcher.
* In the first month training for yoga, meditation and laughter therapy will be given every day therefore duration of income generation activities will be reduced. After one month training yoga, meditation and laughter therapy will be inculcated in their everyday routine and prison authorities will be responsible for supervision, thus duration of income generation activities will be increased.
* For activities like role play, singing and dramatization the researcher will inform each participant a week in advance. The female prisoners will be asked to prepare as per the theme in their free time.

4.6.3.2 Income Generation:

The major purpose of introducing income generation training to female prisoners is to make them self-reliant and also to provide the opportunity for starting life from new perspective to prevent recidivism on their release. Inmates will be trained in handicraft activities, like hand knitting, macramé articles, paper mache, flower making, art and craft, pottery decoration, jewelry making and crochet, which are always in demand in the market. Interest of target groups will be explored by interaction with subjects (female inmates of District Jail Agra). The approval of prison authorities for the activities has already been obtained. The subjects will be trained in small groups and two activities will be introduced at one time. The researcher will try to train all inmate in any 5 skills selected for intervention on income generation.

Value addition to handmade articles will also be the main concern for researcher so that the female prisoners will acquire expertise on how to make their articles saleable. Training will also be given on finishing and value addition of articles at the end of each session. Finishing and value addition of articles will also be done by inmates in the supervision of trainers. Demand of these article in the local market has been assessed by the researcher through market survey and reporting of local NGO's Satyamev Jayte and HUM, presently working in the Jails of Agra. These NGO's have also agreed for taking responsibility of sale of articles prepared by prisoners. The estimated expenditure on the intervention is 1,00,000/ ₹ Approximately which will be borne by researcher NOG. Local NGO's Satyamev Jayte and HUM will be assisting the researcher in developing system for income generation. After intervention period NGO's will be responsible for further persistence of activities and investment done by researcher (Approximately 1,00,000/ ₹) will be used as capital for further continuation of income generation activities in the prison. Details of activities for income generation are presented in the succeeding table:

Table 4: Details of the activities for Income Generation session

Intervention for Income generation							
Activity	**Activity Type**	**Group Composition**			**Person responsible for the planned activities**	**No of sessions**	**Duration**
		No of groups	**Size**	**Members in each group**			
Hand Knitting	Group	6	Small	5-6	Trainer, Researcher and NGO personals	14	2.5 hours
Macramé Articles	Group	6	Small	5-6	Trainer, Researcher and NGO personals	20	2.5 hours
Paper Mache	Group	6	Small	5-6	Trainer, Researcher and NGO personals	6	2.5 hours
Flower making	Group	6	Small	5-6	Trainer, Researcher and NGO personals	14	2.5 hours
Art and craft	Group	6	Small	5-6	Trainer, Researcher and NGO personals	18	2.5 hours
Pottery Decoration	Group	6	Small	5-6	Trainer, Researcher and NGO personals	8	2.5 hours
Jewelry making	Group	6	Small	5-6	Trainer, Researcher and NGO personals	6	2.5 hours
Crochet	Group	6	Small	5-6	Trainer, Researcher and NGO personals	9	2.5 hours
Note: All activities will be conducted in the supervision of prison authorities and NGO personals will assist researcher							

Costing of items will depend on the various factors like raw material, time spend in making articles (labor charges), stipend of hired experts etc, therefore the costing will be done after preparing the article. The component of costing will be:

Table 5: Components of Costing

Total Cost = Raw material Cost + Overhead Charges + Labor Charges + Profit
Note:- All ongoing expenses except direct labor and direct material like honorarium of hired experts, transportation charges of raw material and prepared products and utility charges will be covered under overhead charges category.

Labor charges and 50% of profit will be distributed among prisoners. Rest of the profit will be used for further development of the system for income generation (business development).

4.6.4 Post Intervention Phase:

Evaluation of impact of intervention will be done in post intervention phase. Tools to measure self concept and stress will be re administered on the inmates and changes in self concept and stress level will be measured by comparing theses scores to previous ones i.e. scores obtained while collecting baseline information. Prisoners will be asked to develop article of their expertise and choice in small groups. NGO will be responsible for providing raw material and developing articles. Sales of products will also be done by NGO. Both NGO and prison authority will be responsible for keeping all records and distributing wages to inmates.

4.6.5 Follow up Phase:-

Sustainability will be judged through physical visits to prison and information will be collected on following points:

* Persistence of stress reduction activities: Activities- continued/ discontinued, change in the devotion of participation.
* Comparison of income generated:- During intervention phase and after intervention

4.7 Techniques of data collection:-

Interview schedule will be used because most of prisoners are illiterate.

4.8 Research Tool:

Though various Standard Indian tools are available to assess self concept and stress, details of some tools explored by researcher are presented in **Table 6,** but no tool is especially designed to assess self concept and stress of female prisoners. Beside, prison conditions are completely different from normal community and the age group of female prisoners varies from 21 years to old age. Hence the researcher will have to construct tools which will be especially designed to measure the self concept and stress level of prisoner, allied with the prison environment. The tool will be applicable to the female prison inmates of all age groups. Reliability and validity of tool will be determined by pilot study.

Table 6: List of Tools

S. No.	Objective	Tool	Age group	Availability
1	**Measurement of stress**	Singh: **Personal Stress Source Inventory**	22-25	NPC Agra
		Pallavi Bhatnagar: **Anxiety, Depression and Stress Scale**		NPC Agra
		Gurmeet Singh, Dalbir Kaur and H. Kaur: **Presumptive Stressful Life Event Scale**	Adults	NPC Agra
		Abha Rani. Bist: **Battery of Stress Scales**:- * **Scale of existential stress** * **Scale of self concept stress** * **Scale of social stress** * **Scale of role stress**	13-17	NPC Agra
		Udai Pareek: **Role Stress Scale**	Adult	NLEPT
		Philip J Brantley: **Daily Stress Inventory**	Adult	NLEPT
2	**Measurement of Self concept**	K. G. Agarwal: **Personality Differential**	Adults	NPC Agra
		Pratibha Deo: **Self Concept Rating Scale**	**13-26**	NPC Agra
		M.R. Rastogi: **Self-Concept Scale**	Adult	NLEPT
		N.K. Chaddha: **Self Concept Scale**	Adult	NLEPT
		Lalita Sharma: **Socially Perceived Self Inventory**	Adults	NLEPT
		G. P. Sherry, R. P. Verma and P. K Goswami: **Swatah Bodh Parikshan**	Adolescents	NPC Agra
3	**Moral Reasoning**	Durganand Sinha & Meena Verma: **Moral Judgement Test**	6-12 years	NPC Agra

As per the rules of the Institute the researcher has to submit synopsis within the first 6 months of her enrollment, for further continuation and registration to Ph D programme. Preparation of tools in such short duration is not possible, therefore only the broad areas on which the tools will be constructed are enlisted.

Table 7: Details of Tools to be used in the study

		TOOLS		DOMAINS
ASSESSMENT TOOLS	1	**General Information Performa**		
	2	**SCHEDULES TO ASSESS**	**Self concept : Self constructed**	Physical, social and emotional
			Stress : Self constructed	Self concept stress, social stress, role stress, family stress
			Problems of female prisoners: Self constructed	• Physical structure and facilities • Behavior of prison staff • Behavior of other inmates • Attitude of family and society

			Moral Reasoning abilities: Self constructed	• Moral Thoughts • Feelings • Behaviour
			Sociometry	Interpersonal relationships
INTERVENTION TOOL	3	**Demonstration**		Stress reduction and skill enhancement

4.9 Analysis of Data:

The information on self concept, stress, moral reasoning, problems related to life in prison will be presented with the help of manifold statistical tool like:

- Percentage
- Arithmetic Mean
- Standard Deviation
- Z test
- Student-t test
- Correlation
- ANOVA

Further, analysis of data will be determined on the basis of type and nature of data obtained.

4.10 Delimitations of Study:

- It is a single researcher study.
- The study will be conducted in Agra city only.
- Researcher has to follow all the rules of jail hence only limited activities with the approval of prison administration can be conducted.

Section- V

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